

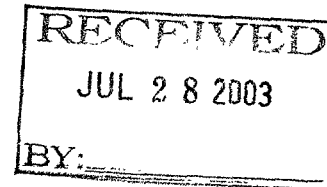


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Office of Nutritional Products
Labeling & Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

July 1, 2003



Dear Sir or Madam:

This letter will serve as a 30-day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our B-100® Time Release supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, US Nutrition and Vitamin World:

Ingredients: Thiamin, Riboflavin, Niacin, Vitamin B-6, Folic Acid, Vitamin B-12, Biotin, Pantothenic Acid, PABA, Inositol, Choline, Alfalfa, Watercress, Parsley, Lecithin, Rice Bran.

- Supports/promotes nervous system health.
- Supports/promotes energy metabolism.
- The B Complex is made up of several vitamins that work well together to support nervous system health and energy metabolism.
- Choline and Inositol are essential components of cell membranes and play important roles in cell growth and function.
- B-100® gives you the boost you need to cope with the everyday stress you get from living in the modern world.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Joanne DeCandia, MS, RD
Director of Nutrition Communications

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